

Hanover Council on Aging Seasonal Activities/Events

Check current schedules for daily and monthly activities/events in your online bulletin thru link, "Hanover Happenings" at end of web page or call COA at 781-878-6361.

Yoga - Michelle Gallagher, registered Yoga Teacher leads the class every Wednesday here at the Senior Center. This is an invigorating and relaxing way to be rid of those nagging tensions before you start your day. \$4.00 per class. Please join us! For more information call 871-878-6361.



Cribbage, Bridge, Board Games - Just-for-fun games, all abilities welcome. Puzzles also available. More suggestions welcomed. Come with your friends, or alone, and join a group. Meet new people and have some fun.



Oil Painting - Class taught by Bob McLeod. No experience required all levels. Each painter goes home with completed masterpiece. \$25.00 includes all material except frame. Held at John Curtis Library, Hanover. Sign up through Hanover COA.

Movies - Currently twice monthly - Check bulletin (...or access "Hanover Happenings" online thru link at end of web page.) - Or call COA.



Ladies Social Group - Morning Out - Bring your handwork (knitting, crochet, embroidery, etc.), and enjoy the conversation, camaraderie and the laughs.



Red Hat Society - "Fire Crackers" - "Divas" - Check Paper bulletin (...or access "Hanover Happenings" thru link at end of web page.) for meeting schedule.

Walking Club - The Strollettes meet rain or shine at Legion Housing (off Spring Street). A different walking area is decided each week. Call Betty Crawford at 781-878-3493.

Line Dancing - Dance the afternoon away with instructor Dottie Dunham. First half of class designated for beginners. It's fun and great exercise.



Senior Men's Discussion Group - Current events and topics of interest are discussed. Meetings are held in the Community Room at the Hanover Police Station. Hal Thomas, Moderator.



Bingo - Take a chance at lady luck for a fun afternoon.

Book Club - Members read (or listen on audiotape) one book per month, then gather to discuss their interpretations. Meetings are held in the John Curtis Library, Hanover.



Exercise - Chris Kozlowski conducts a good workout at your own pace. So much fun, great teacher!



Bowling - Held at the Hanover Bowladrome on Route 139. Coed.

Hanover Travelers - Check bulletin (...or access "Hanover Happenings" online thru link at end of web page.) for upcoming trips - call Marilyn Driscoll at 508-946-0244.

Massage - Fifteen minute therapeutic massage for \$10. With Carol White. Massage is excellent for arthritis and helps to loosen joints. Appointment necessary, call Hanover COA.

Foot Clinic - Foot care (pedicures, checks) provided by R.N. at the COA by appointment. \$27.00 (Call COA at 781-878-6361). Home appointments are available at \$42.00.

Blood Pressure Check - Hanover VNA on-site to conduct BP readings.

SHINE - (Serving Health Insurance Needs of Elders) Norma Clark is here to answer your questions and assist you with your health insurance. Appointment necessary, call COA at 781-878-6361.

Ask-A-CPA - Free financial advice with William Cratty, CPA. Bring your questions and concerns. Appointment necessary, call the COA at 781-878-6361.

Ask-A-Lawyer - Free legal consultation with Attorney Holly Harris is offered. Bring your questions and concerns. Appointment necessary, call COA at 781-878-6361.



LUNCH - Served at COA - Every Day at 12:00 Noon. Daily meal - please call by previous Wednesday afternoon for following week - 781-878-6361. Check your Bulletin for menu, Monthly specials (Also online, "Hanover Happenings" see link at end of web page.) *Annual Lobster Bake pictured.*



COA Van Transportation - Every Day 8:30 - 4:00 PM

Transportation to local medical appointments, hair appointments, to the Senior Center for lunch, events and activities, and shopping, etc., are available. Please call 781-878-6361 in advance for reservation. Check bulletin for normal scheduling. (...or access "Hanover Happenings" online thru link at end of web page.)

***** Check your monthly bulletin for specially scheduled events. *****
(...or access "Hanover Happenings" online thru link at end of web page.)

We are in dire need of volunteer drivers for **Meals On Wheels**. This takes very little time; you're reimbursed for mileage and meet some interesting people. We also need volunteer drivers to drive seniors to out-of-town doctor appointments, etc. This is such a worthy service for the time spent. Again, once a week, once or twice a month or whatever time you can give would be tremendously appreciated.